

PRACTICE MAKES PERFECT! In order for you to have the best possible outcome after your surgery, certain eating related behaviors need to be in place. Some of them you may already be doing regularly.

Please take a moment to determine what changes you may need to make. By practicing these behaviors prior to surgery you'll get more comfortable and on your way to developing new habits.

- Slow your rate of eating
- Slow your rate of drinking - sip beverages instead of gulping
- Drink liquids separate from meals - at least 30 to 45 minutes before or after meals
- Wean off carbonated beverages
- Wean off caffeinated products
- Switch to sugar-free and low-fat beverages
- Drink 8-10 8 ounce glasses of water daily and record
- Avoid alcohol
- Break the "sweet tooth" - no sweets or desserts with regular sugar
- Limit high-fat and fried foods
- Practice decreasing portion sizes (get comfortable with tablespoon and $\frac{1}{4}$ cup portions)
- Eat 5-6 small meals daily (make a schedule if needed)
- Chew your food to applesauce consistency
- Get your chewable multivitamins (take 1 daily until surgery)